

Toddler tantrums.

How to keep calm and carry on

With their newly minted skills of walking and talking, your toddler's appetite for self-discovery is getting stronger every day. Here are some tips on how to deal with toddler tantrums to help you navigate the ups and downs of their growing independence.

- ✧ Aim for simple rules and stick to them.
- ✧ Try to praise when they get it right, ignore when they get it wrong.
- ✧ Try giving them simple tasks they can do by themselves (putting on their wellies, tidying toys away).
- ✧ Try offering simple choices (red or blue shirt, teddy or train, banana or apple).
- ✧ Avoid saying no too often. Try rephrasing refusals. E.g. "Why don't we instead?" "Let's see if you can finish the peas while I count to 10 then I'll get your yogurt."
- ✧ Aim for a daily routine with regular meals, naps, playtime and quiet time.
- ✧ Make sure their bedtime routine is calming and consistent.
- ✧ Keep shopping trips short to avoid boredom and (very public) meltdowns.
- ✧ Try distraction when you see something brewing. Timed right, a silly noise, funny face, or toy-swap can stop a tantrum in its tracks.
- ✧ If it's too late and the fireworks begin, try to stay calm.
- ✧ Cuddles can crack the toughest nut. Sometimes a little security is all they need.
- ✧ Don't give in – your toddler's pretty smart and if they think it's worked they'll try it again.
- ✧ Hug it out when it's over. Tantrums are a normal healthy sign of development and they won't last forever.